

About Returning Warrior Workshops (RWW)

Sailors who have recently returned from a mobilization or deployment as an individual augmentee are invited to attend a Returning Warrior Workshop (RWW) with the guest of their choice.



The goal of the workshops is to give loved ones a chance to reconnect. The guest may include a spouse, significant other, or family member. The definition of family member has been expanded to include: girlfriends, boyfriends, parents, brothers or sisters. The Sailor will attend the RWW on ADT or DTS travel orders.

The events are held at a 4 Star hotel away from military bases and every day distractions. Civilian business attire is required. All lodging, meals, conference fees, and miscellaneous expenses are covered at the RWW and include: dinner Friday night, three meals on Saturday, and breakfast and lunch on Sunday. Travel by personal vehicle is encouraged and mileage will be paid at the current government rate. Ideally, attendees should be within 350 miles of the workshop.

What is RWW and why is it needed?



The Returning Warrior Workshop (RWW) is a weekend for the Navy to take care of military personnel who have been deployed in support of combat or combat support operations. Taking care of our people is one of the Chief of Navy Operation's top three priorities.

Goals:

The RWW focuses on three major goals:

1. **Honoring** the Warrior and the Warrior's guest for their service to our country.
2. **Providing information** about the many resources available for the family that will assist with reintegration into civilian life.
3. **Raising awareness** with the Service Member and the family about the symptoms associated with combat stress and provide the Active Duty Member with resources for assessment and referrals.

Trained Facilitators lead Warriors and their guest through a series of presentations and table top discussions that address post combat stress and transition back to civilian life. Participants are afforded the opportunity to share their experiences in a safe environment with their peers. Symptoms such as sleep and appetite disturbances, decreased intimacy, job loss, financial

difficulties, increased anger and/or frustration, alcohol or drug use, and other behaviors that were not present prior to deployment are safely discussed. Service Members learn that they are NOT alone and they learn how to move forward.

Value of Reserve Forces to the Fleet

The Navy wants to help you with your adjustment when you return from a stressful deployment. The RWW is the tool that assists the Navy in achieving our vision: “Anywhere, Anytime...Ready Now” and helps us to maintain combat readiness. The Reserve Sailor brings both civilian and Navy skill sets to the active duty command, increasing their value to the fleet.

Objectives of RWW

- ☐ Validate the contributions of the Sailor and the Sailor’s family.
- ☐ Motivate the Sailor and the family members to use their experience to achieve transformational growth.
- ☐ Open a dialogue to discuss combat stress and lay the groundwork for crisis intervention.
- ☐ Reward the Sailor and the family member for their sacrifice to our country.



Topics at the RWW include:



- *Warrior Transitions*
- *Spiritual Balance and Well Being*
- *Telling Your Story/Improving the Process*
- *Transformational Growth*
- *Military Families*
- *Combat Operational Stress*
- *Break out sessions:*
- *Financial Management*
- *Couples Communication*
- *Why I Want to Go Back*
- *Stress Management*

How can my family be a part of these workshops?

Please note that Sailors and Family members don’t choose which event they attend, but are invited to the event nearest their residence to minimize the travel costs.

Schedule and Points of Contact for Returning Warrior Workshops

RCC MIDWEST	(847) 688-4916
RCC SOUTHWEST	(619) 532-4274
RCC NORTHWEST	(425) 304-4820
RCC MIDLANT	(757) 444-7295 X2009
RCC SOUTHEAST	(904) 542-2486 x168

Workshop Dates	Locations	Points of Contact
22-24 Jan 2010	Norfolk, VA	eric.t.harris@navy.mil (757) 444-7295 x2009
29-31 Jan 2010	San Antonio, TX	Matthew.Davis2@navy.mil (904) 542-2486 x 168
29-31 Jan 2010	San Francisco, CA	susan.hare@navy.mil (619) 532-4274
19-21 Feb 2010	Sarasota, FL	Matthew.Davis2@navy.mil (904) 542-2486 x 168
5-7 Mar 2010	Kansas city, KS	steve.campos@navy.mil (847) 688-4916 x303
12-14Mar 2010	Denver, CO	susan.hare@navy.mil (619) 532-4274
16-18 Apr 2010	Boise, ID	Cynthia.d.miller@navy.mil (425) 304-4820
16-18 Apr 2010	Norfolk, VA	eric.t.harris@navy.mil (757) 444-7295 x2009
14-16 May 2010	Houston, TX	Matthew.Davis2@navy.mil (904) 542-2486 x 168
14-16 May 2010	Sedona, AZ	susan.hare@navy.mil (619) 532-4274
25-27 Jun 2010	Milwaukee, WI	steve.campos@navy.mil (847) 688-4916 x303
23-25 Jul 2010	Burlington, VT	eric.t.harris@navy.mil (757) 444-7295 x2009
23-25 Jul 2010	Savannah, GA	Matthew.Davis2@navy.mil (904) 542-2486 x 168

As of 5/27/2009

Families Serve Too!

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